



## USDA Foods Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 03-1-12)

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### 100228 – CHERRIES, CANNED, RED TART, PITTED, #10

### Nutrition Information

<b>CATEGORY</b>	<ul style="list-style-type: none"><li>Vegetables/Fruits</li></ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"><li>U.S. Grade B (except must be U. S. Grade A for pits). Canned red tart, pitted cherries, water pack.</li></ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"><li>6/#10 cans per case. Each can contains about 102 oz (11¾ cups) fruit and juice.</li><li>One #10 can AP yields about 70 oz (9 cups) drained, pitted cherries OR about 11¾ cups pitted cherries and juice and provides about 36.2 ¼-cup servings drained, pitted cherries OR about 46.8 ¼-cup servings fruit and juice.</li><li>CN Crediting: ¼ cup cherries and juice OR ¼ cup drained, cherries provides ¼ cup fruit.</li></ul>
<b>STORAGE</b>	<ul style="list-style-type: none"><li>Store unopened canned pitted cherries in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li><li>Store opened canned pitted cherries covered and labeled in a dated nonmetallic container under refrigeration.</li><li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li></ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"><li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li><li>Use a clean and sanitized can opener.</li><li>Pitted cherries can be used right from the can, chilled, or at room temperature.</li></ul>

Cherries, red tart, water packed, fruit and liquid

	¼ cup (61 g)	½ cup (122 g)
Calories	22	44
Protein	0.47 g	0.94 g
Carbohydrate	5.45 g	10.91 g
Dietary Fiber	0.7 g	1.3 g
Sugars	4.64 g	9.27 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0.01 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.84 mg	1.67 mg
Calcium	7 mg	13 mg
Sodium	4 mg	9 mg
Magnesium	4 mg	7 mg
Potassium	60 mg	120 mg
Vitamin A	460 IU	920 IU
Vitamin A	23 RAE	46 RAE
Vitamin C	1.3 mg	2.6 mg
Vitamin E	0.14 mg	0.28 mg



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<b>USES AND TIPS</b>	<ul style="list-style-type: none"><li>• Use in baked cobblers, crisps, and other desserts.</li><li>• Use in recipes for main dishes, breads, or salads.</li></ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"><li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li><li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li><li>• Cook foods to the appropriate end-point temperature as specified in your School Food Safety Plan, which should meet your State and local health department requirements.</li></ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"><li>• For guidance on how to effectively manage, store, and maintain USDA Foods, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li><li>• For additional information on product dating, go to page 13 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li></ul>

Nutrient values in the nutrition information section are from the USDA National Nutrient Database for Standard Reference, or are average values from vendors who provide USDA Foods. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.

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